



# LEWIS & CLARK CITY-COUNTY Health Department

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## Lead Education and Abatement Program

### A HEALTHY DIET CAN PROTECT YOUR CHILD FROM THE HARMFUL EFFECTS OF LEAD

#### **Regularly Eat Healthy Foods**

Children with empty stomachs absorb more lead than children with full stomachs. Provide your child with four to six small meals during the day. The following nutrients can help protect your child from lead poisoning:

#### ***Iron-Rich Foods***

Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include:

- Lean red meats, fish, and chicken
- Iron-fortified cereals
- Dried fruits (raisins, prunes)

#### ***Calcium-Rich Foods***

Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include:

- Milk
- Yogurt
- Cheese
- Green leafy vegetables (spinach, kale, collard greens)

#### ***Vitamin C-Rich Foods***

Vitamin C and iron-rich foods work together to reduce lead absorption. Good sources of vitamin C include:

- Oranges, orange juice
- Grapefruits, grapefruit juice
- Tomatoes, tomato juice
- Green peppers

#### **Between meals offer small snacks such as:**

- Cereal with low-fat milk
- Whole wheat crackers with cheese
- Apple or pear slices
- Oranges, bananas or raisins
- Yogurt and frozen fruit juice pops
- Fruit smoothies

Call Debb or Jan, at 457-8583, or stop by the LEAP office at East Helena City Hall with any additional questions or concerns.